

<b>RECIPE NAME:</b> Butternut Squash with Brown Sugar and Cinnamon						<i>Source: Fresh from the Farm: The Massachusetts Farm to School Cookbook</i>																																																																
Grade Group: K-12						<b>HACCP Process:</b> <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step																																																																
Number of Portions: 50																																																																						
Portion Size: ½ cup																																																																						
Serving Utensil: ½ cup spoodle																																																																						
Servings Per Pan:																																																																						
<b>Ingredients:</b>			<b>Weight</b>		<b>Measure</b>		<b>Procedure:</b>																																																															
Butternut squash, peeled and cut into 2 inch cubes Butter, melted Brown Sugar Salt Cinnamon Pepper, black			20 lbs 0.5 lb		2 ¼ cups 1 Tbsp 1 tsp 1 ½ Tbsp 1 tsp, or to taste		<ol style="list-style-type: none"> <li>1. Add squash to a parchment-covered or oil sprayed–sheet pan. (10 lb capacity per pan)</li> <li>2. Cut any extra large pieces, so size of squash pieces are similar.</li> <li>3. Melt the butter in a small pot, then add the brown sugar, salt, cinnamon and pepper. Mix to combine thoroughly.</li> <li>4. Equally divide the butter mixture among pans, then stir until squash is well coated.</li> <li>5. Roast, uncovered, until cooked through and lightly browned.                Convection oven: 350°F about 20-30 minutes                Conventional oven: 375°F about 30-35 minutes</li> </ol> <p><b>CCP: Heat to 140°F or higher.</b>  <b>CCP: Hold for hot service at 140°F or higher</b></p>																																																															
<b>Total Yield</b>			Number of Pans:			Equipment (if not specified in procedures above):																																																																
Weight:		Measure (volume):		Pan Size:																																																																		
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="6" style="padding: 5px;">Meal Component Contribution Based on Portion Size</th> <th colspan="3" style="padding: 5px;">Nutrient Analysis Based on Portion Size</th> </tr> <tr> <td colspan="2" style="padding: 5px;">Meat/Meat Alternate</td> <td colspan="6" style="padding: 5px;"></td> <td colspan="3" style="padding: 5px;">Calories: 110</td> </tr> <tr> <td colspan="2" style="padding: 5px;">Vegetable Subgroups</td> <td style="padding: 5px;">D/G</td> <td style="padding: 5px;">B/P</td> <td style="padding: 5px;">R/O</td> <td style="padding: 5px;">S</td> <td style="padding: 5px;">O</td> <td colspan="3" style="padding: 5px;">Saturated Fat (g): 2.37</td> </tr> <tr> <td colspan="2" style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;">½ cup</td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td colspan="3" style="padding: 5px;">Sodium (g): 197</td> </tr> <tr> <td colspan="2" style="padding: 5px;">Fruits</td> <td colspan="6" style="padding: 5px;"></td> <td colspan="3" style="padding: 5px;"></td> </tr> <tr> <td colspan="2" style="padding: 5px;">Grains</td> <td colspan="6" style="padding: 5px;"></td> <td colspan="3" style="padding: 5px;"></td> </tr> </table>									Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size			Meat/Meat Alternate								Calories: 110			Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat (g): 2.37							½ cup			Sodium (g): 197			Fruits											Grains										
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size																																																																
Meat/Meat Alternate								Calories: 110																																																														
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat (g): 2.37																																																															
				½ cup			Sodium (g): 197																																																															
Fruits																																																																						
Grains																																																																						

D/G= Dark Green   B/P= Beans/Peas (Legumes)   R/O=Red/Orange   S=Starchy   O=Other